Good News for Homemakers

The hows and whys of 1982 food prices

By Shirley W. Walton
Extension Agent

The How and Whys Of The 1982 Food Prices

Retail food prices this year are expected to average 5 percent higher than last year's prices according to the United States Department of Agriculture. This would be below the 1981 price increase of 7.9 percent and, believe it or not, this would also be better than the food increases that started rising sharply in 1980. This year could be the fourth consecutive year that food prices rose less than non-food prices.

Some factors that go into fluctuation of food prices include:

1. The cost of marketing food--This includes all the cost of the food industry, including labor and transportation.

2. The price the farmer gets for producing the food.

3. Weather is a tremendous factor. For example, this past January, severe weather interfered with the marketing of broilers and hogs. The freeze in Florida sharply increased fruit and vegetable prices early in the year.

4. Insects and diseases are also very costly. One example is the insect damage to the lettuce crops in California that caused lettuce prices to go out of sight.

5. Cutting back on production is also a factor. For example, as pork supplies are cut back sharply, retail pork prices rise. As production goes down, prices go up. The higher prices of one product such as pork force some consumers to shift to other meats and push up those prices, also.

In spite of all these factors that go into food prices, the United States still spends the lowest percentage of income for food--just a bit over 16 percent. In most European countries families spend 20 to 25 percent of their annual income for food.

In order to keep your food prices down, shop wisely and take advantage of sales. Please don't waste food. Let leftovers become creative planned-overs. For example, just this week, I had two leftover baked potatoes. You'd be surprised how delicious these two baked potatoes peeled and chopped up in beef stew tasted. This was a quick meal and we did not waste the potatoes and made beef stew much better.

If you have a homemaking question or problem, you may call 352-8244 or you may write P. O. Box 488, Appomattox, VA 24522. Have a good week!

Recipe of the Week
Vanilla Wafer Cake

1 cup butter
2 cups sugar
6 eggs
1/2 cup milk
1 teaspoon vanilla
7 oz. coconut
1 cup pecans - chopped
12 oz. vanilla wafers - crushed

Preheat oven to 325 degrees.

Cream butter and sugar. Add eggs, one at a time, beating well after each addition. Add milk, stir well. Add coconut, nuts and crushed wafers. Mix well. Stir in vanilla.

Bake in greased 12 x 9 x 2 pan for 45 to 60 minutes. Frost cooled cake.

Cream Cheese Frosting

1 lb. powdered sugar
1 - 8-oz. pack cream cheese
1/4 cup butter
2 teaspoons vanilla

Beat cream cheese, butter and vanilla at low speed until fluffy. Gradually add sugar, beating at medium speed until light and fluffy.

A special word of appreciation goes to Tootsie Eggleston and Lois Foxwell for sharing their delicious vanilla cake recipe with us. This is a nutritious, delicious cake, and also packed with a few calories.

LOCAL YOUTHS WHO PARTICIPATED in the recent "Wheels for Life" bike-a-thon sponsored by the Appomattox Junior Woman's Club received awards for their efforts last week. Shown above are John Fedison and Benny Beasley (front, from left) and Kevin Stafford, Greg Ayers and Otha Harris (back). Not pictured is Donna Miller, who also participated in the fundraising event. Fedison collected $102.50, Beasley collected $97.25, Stafford collected $36.60, Ayers collected $25.50, Harris collected $17.55, and Miller collected $60.10 during the bike-a-thon. All of the participants got a tee-shirt, and Fedison and Beasley got a tote bag, as well, for their efforts. The money they collected will be used for the benefit of St. Jude's Children's Hospital. (Photo by Bill Sherrod)

Stempel to speak at L.C.

John D. Stempel, U.S. Department of State, will speak at Lynchburg College's Senior Symposium, Mon., Dec. 6 at noon in the Memorial Ballroom, Hall Campus Center. His subject is: "War and Peace in the Middle East: 'Old Wine in New Skins?'"

Stempel is currently director of the Operations Center of "crisis room" of the Department of State. From 1979 to 1981, he was the State Department faculty member or "diplomat-in-residence" at the U. S. Naval Academy, where he taught political science and international relations.

He served as deputy chief of the political section of the American Embassy in Tehran from 1975 until 1979, five months after the Iranian revolution toppled the Shah. His book, **Inside the Iranian Revolution** was published by Indiana University Press in the fall of 1981.

Stempel received his A.B. degree from Princeton and his M.A. and Ph.D. degrees in political science from the University of California at Berkeley. He has served as a career foreign service officer in Guinea, Burundi, and Zambia. His Washington assignments include serving as a staff aide to the former Deputy Secretary of State Elliot Richardson.

He is a member of the board of advisors for The Patterson School of Diplomacy and International Commerce at the University of Kentucky, and has taught at George Washington University, the American University, and the RDC College in Tehran.

He has served as an operations officer on the Naval Reserve Recruit Training School, Treasure Island, Calif.

At Continental Telephone

Structure to change

Continental Telephone of Virginia is reorganizing its management structure effective January 1, 1983, according to its President, William Dales.

Dales said the two most significant changes are the creation of a telephone services department and the consolidation of geographic serving areas.

"We're combining our existing network services and customer services departments to form a telephone services department," Dales said. "The new telephone services department will be responsible for our Phone Fairs, business offices, installation and repair, cable maintenance, service centers, and switching equipment offices.

Dales added that the network design department will continue to be responsible for planning, engineering and construction.

"The reorganization should have a positive impact on service to our customers because the new organization will enable us to manage more efficiently," said Dales.

Continental's Phone Fair and business office locations will not change. There are 13 such locations in Virginia: Manassas, Woodbridge, Harrisonburg, Bowling Green, Warsaw, Kilmarnock, Gloucester, Princess Anne, Smithfield, Franklin, Emporia, Chase City and Amherst.

January 1, Continental will structure its 92 exchanges into three management districts. The Northern district will consist of the Harrisonburg, Manassas and Woodbridge serving areas. The Eastern district will consist of the Chancellor, Stafford, Bowling Green and Warsaw, Gloucester, Smithfield and Princess Anne serving areas. The Southern district will consist of the Franklian, Emporia, Chase City and Amherst serving areas.

There will be a manager-telephone services and a manager-engineering and construction in each of the three districts.

Bob Palmiter, now network services manager for the Warsaw, Bowling Green and Gloucester areas, will become manager-telephone services for the Southern district.

Joe Ackaway, now network services manager for the Franklin, Emporia, Princess Anne and Amherst serving areas, will become manager-engineering and construction for the Southern district.

Museum proponents say thanks

Letter to the Editor
Dear Friends of the Museum:

As we enter the Thanksgiving season, it is only appropriate that we express our sincere thanks to each of you for the success of our Appomattox County Historical Museum.

Since the opening of the museum on July 11, 1982, we have had around 2,000 visitors, who have been most complimentary. You who have so generously contributed gifts, time and your genuine interest are responsible for the success. To date there have been 90 donors with 408 articles; all of which have been assessioned and cataloged.

It really has been a heart-warming experience to witness the pride, generosity and kindness of the citizens toward the museum. The museum takes us back to the turn-of-the-century, and your contributions have made the period a realistic event; the one-room school, Doctor's office, post office and even the jail cells picture for us a life which is gone forever.

The Museum belongs to all of us and we hope with the opening on June 1, 1983, that we shall see many additions to the Museum; so we would greatly appreciate your searching the attic, besement and other places for any artifacts of the turn-of-the-century, which you are willing to share with the Museum.

With gratitude,
Appomattox County Historical Society

GAYLE WOOLRIDGE, a sixth-grader at Appomattox Elementary School, has been studying the culture of ancient Rome. Here she is as an ancient Roman citizen. She designed this costume for her Social Studies project.

CHRISTMAS OPEN HOUSE

POINSETTIAS
POINSETTIAS
POINSETTIAS
POINSETTIAS

SAT., DEC. 4— 10-5 p.m. & Sun., Dec. 5 — 1-5 p.m.

$6.99 & $12.99

Ready to go (Foil & Ribbon Included)

The Plant House
(FORMERLY PRICE'S GREENHOUSE)
PHENIX, VIRGINIA
Phone 248-6862 or 542-5387

FAMILY POPES CENTERS
TRIANGLE PLAZA SHOPPING CENTER — APPOMATTOX
ALSO ALTAVISTA AND FARMVILLE
OPEN DAILY 9 a.m.— 8 p.m. —Sun. 1-6 p.m.

OUR GIFT TO YOU IS SAVINGS!

MEN'S & LADIES' TIMEX WATCHES
REDUCED UP TO 1/2 PRICE
SPECIAL PURCHASE
Fantastic Selection — Includes Quartz-LCD-ELECTRIC - 17 JEWEL-SELF WIND
LAY-A-WAY NOW FOR CHRISTMAS GIFTS
Reg. $29.95 to $59.95
SALE PRICE $21 to $30

Prices Good Nov. 25 thru December 1

APPLIANCES — LAY-A-WAY NOW GREAT GIFTS.
MR. COFFEE Automatic Drip COFFEMAKER
Reg. $27.99
$19.88

Your Check is Welcome — TeleCheck

Coronet Bathroom Tissue
1 Pk. Limit 2 pkgs.
Reg. $1.99
$1.48

FREE! REGISTER AT ONCE!
24 Inch Giant "Big Belly" Bear — Plush & Cuddly

HAMILTON BEACH 7 Speed Blender
Reg. $24.99 Limit 1
$16.88

QUAKER STATE Motor Oil
10W30 Super Blend Reg. $1.25
10W40 Deluxe — Reg. $1.29
Limit 5 Quarts
93¢

LCD PEN WATCH
Reg. $8.88
$4.88

HAMILTON BEACH Quartz-Glo HEATER
Featuring Energy Saving controller-a $49.95 value
$28.88

NYLINT HUSKY WRECKER
Reg. $16.88
$14.99

TONKA CLUTCH POPPER ACTION CARS
Reg. $6.99
$5.97

NASTA GI JOE FLASHLIGHT
Reg. $3.99
$2.97

CHRISTMAS! CHRISTMAS!
B/O Magic Clown Circus Train Reg. $8.99.....$7.88
B/O 10" Thundervette Control Car — Reg. $7.99....$6.94
11¾" Sweet Tender Touch White - Reg. $7.99.....$6.88
Dukes of Hazzard Finger Racer — Reg. $3.49.....$2.97
Strawberry Shortcake Play Doh Set — Reg. $7.99.....$6.88
Bye Bye Diaper Doll White — Reg. $19.99.....$17.88

GREAT SELECTION OF PORTABLE APPLIANCES AT DISCOUNT PRICES

PICTURED ON THE front row from left to right: Rachel Lawson, Angela Moore, Brian Goodrich, Betsy Wilburn, Chris Thomas, Back row: Andrea Almond, Martha Wingfield, Stewart Pennix, Robin Dunn, Leah Shumaker.

ASCS Today

Nominee slates are chosen

By Tom Conrad

Slates of Nominees Developed For Committee Election - The Slates of nominees for the upcoming ASC committee election have been developed.

The ASC committee elections will be conducted by mail from November 26 until December 6. Eligible voters will receive a secret ballot in the mail with instructions on how to vote for candidates for their choice and return the ballot to the county ASCS office. The ballots will be mailed November 26, 1982. Voters are urged to vote and return their ballots to the ASCS office by December 6. Participation in ASC elections is open to all farmers regardless of race, religion, sex, color, or national origin.

Options Available on Advance 1982 Deficiency Payments - Farmers eligible to receive advance deficiency payments on their 1982 crops of corn and grain sorghum have the option of receiving the funds either this year or next.

Producers who choose to receive advance payments must request them from the county ASCS office. Deficiency payments on 1982-crop wheat and barley will be made in full, starting in December.

Based on 70 percent of projected deficiency payment rates, advance payments will be calculated by multiplying the farm yield times the acres for payment times 10.5 cents a bushel for corn and 12.6 cents per bushel for grain sorghum.

Since farm legislation requires that 1982 advance deficiency payments be made available to producers, the agency is offering farmers the option of accepting the payments now or later. Farmers have three options for each farm. They may request the advance payment by the end of this year, request the payment early next year, or elect not to receive an advance payment and wait for the full payment in April of 1983.

Farm program participants become eligible for deficiency payments when the national average market price of a program crop falls below the government-established target price for the commodity.

For more information on advance 1982 deficiency payments, contact the county ASCS office.

Menus

Elementary School Menu

Monday, Nov. 29 - Chuckwagon sandwich, buttered broccoli, macaroni & cheese, fruit cup, milk. MILK.

Tuesday, Nov. 30 - Pig-in-a-blanket, coleslaw, pork & beans, applesauce, milk.

Wednesday, Dec. 1 - Sliced ham w/bun, ford hood lima beans, corn, fruit juice, milk.

Thursday, Dec. 2 - Pork barbecue on bun, macaroni salad, greenpeas, pear halves, milk.

Friday, Dec. 3 - Spaghetti w/meat & cheese sauce, tomato & lettuce salad, sliced peaches, milk.

Middle School Menu

Dec. 1 - Meatloaf, whipped potatoes, string beans, apple, hot roll, milk.

Dec. 2 - Beef-a-roni, cole slaw, green peas, cherries, hot roll, milk.

Dec. 3 - Batter dipped fish, macaroni and cheese, mixed vegetables, sliced pineapple, hot roll, milk.

Dec. 6 - Hamburger on bun, French fries, butter corn, fruit, peanut butter, raisin cookie, milk.

Dec. 7 - Spaghetti, green peas, apple sauce, hot roll, milk.

Dec. 8 - Fried chicken, whipped potatoes, string beans, gravy, hot roll, milk.

Primary PTA meets

The Appomattox Primary PTA held its November meeting November 18 at 7:00 at the primary school.

President Paul Kvasnicka called the meeting to order and welcomed everyone. Then he introduced Dr. Beatrice Bland, a retired professor from Longwood College. Dr. Bland spoke on "Reading is Fun." She asked the question "What is a parent's role in your child's reading development?" and stated that reading should be an experience of happiness.

Following the program was the business meeting. Secretary Sandra Wilburn read the minutes of the last meeting. They were approved as read. Treasurer Diana Williams gave the treasurer's report. The president stated that the parent volunteer program was still in need of instructional volunteers to help teachers in the classrooms and urged anyone that could to please do so.

The PTA then voted to donate $150.00 to the Parent Volunteer Program for needed supplies. With all business concluded the meeting was adjourned.

School drama slated

By Gayle Pugh

The Appomattox County High School Drama Club will present the three-act play entitled **Portrait Of Jennie** in the high school auditorium on Dec. 3 and 4. Admission will be $2.00 for children and $3.00 for adults.

Its setting is the early 1930's during the depression stage. A young girl, about the age of 12, and a struggling artist meet in a park on a chilling winter day. The artist does a sketch of this young girl and from then on, his life will never be the same. Jennie comes in and out of the painter's life, aging in years with each visit so that one day they will be together forever. The play excellently combines mystery, drama, and humor all in one.

The Drama Club and sponsor, Joyce Sweet, have been working hard for weeks to present this play. We hope you will all come out on either December 3 or 4th at 8:00 p.m. to watch and enjoy **Portrait of Jennie.**

giant GARAGE SALE!
SAT., DEC. 4th
"One Day Only"
9 A.M. to 1 P.M.

On Sat., Dec. 4, Lawson Ford will assemble over ½ million dollars inventory of new and used cars in their service department for what will be the biggest garage sale under one roof ever in this area.

SOME NEW CARS will be discounted as much as $1,450 and trade-ins will receive the highest dollar value ever. Five hours of wheelin' & dealin' —Don't miss this opportunity to SAVE!

★ 10.75% APR FINANCING ON CERTAIN MODELS.
★ ON SPOT FINANCING
Someone from Central Fidelity will be present to assist you.
LUNCH AVAILABLE ON PREMISES

PRICES CUT LIKE NEVER BEFORE

WTTX LIVE REMOTE

TWO FREE! Country Hams
Register for two FREE Country Hams to be given away at 1 P.M. You MUST be present to WIN!

LAWSON FORD, INC.
PHONE: 352-8221
APPOMATTOX, VA.
LICENSE NO. 2

Services held at Zion Baptist

"Oh, give thanks unto the Lord, for He is good."

Regular preaching services were held at the Zion Baptist Church Sunday, with the Rev. Lyle Martin, from Farmville, in charge. A large number of friends and members attended the service. The Junior Choir rendered beautiful music, and everyone enjoyed the service. The offering was very good.

The Senior Usher's Board will meet next Sunday at 11 a.m. There will be no prayer service this Sunday, due to Thanksgiving.

Our sympathy goes out to the family of Mr. Giles Walker in the loss of their loved one.

Our sick are improving slowly. We hope everyone has a nice Thanksgiving.

Jordan

Church News

"Men in Color" will be presented by the Junior Choir on Saturday night at 7:30 p.m. A special program is being planned.

Preaching service will be held Sunday morning at 11 a.m.

The Senior Choir will sponsor its annual Harvest Festival Sunday, Nov. 28, at 7:30 p.m. The Rev. Elliott and the Peaceful Grove Gospel Chorus will be the special guests.

MOONLIGHT MADNESS SALE!
CORONET Facial Tissue
PRICES GOOD FRI., NOV. 26 6 p.m. - 9 p.m.
2/$1.00
CAKE FRUIT CAKE
$1.58
WASH CLOTHS
3/$1.00
Baby Ruth & Butterfinger
5/$1.00
STP Gas Treatment
DELTA NAPKINS
77¢
2/$1.00
CHRISTMAS TREE
$12.97
Aluminum Foil
37¢
ANTI FREEZE
STAINLESS STEEL Mixing Bowls
$3.97
$2.97
FAMILY POPES CENTER